The Lemon Grove REVIEW

BULK RATE
U.S. POSTAGE
PAID
LA MESA, CA.
PERMIT NO. 188

IN THIS ISSUE

- WEATHER & LOGS
- LETTERS
- PUBLIC NOTICES
- ENTERTAINMENT
- CLASSIFIEDS

Vol. 48, No. 39 | Serving Lemon Grove and nearby communities | Tuesday, February 6, 1996 | 25¢

You have been summoned to render interesting and important service as a juror. When you are chosen as a juror, for a short time you are a part of the governmental machinery of this state for the judicial determination of a lawsuit. Your services as a juror are as important as those of a judge. In each case on which you act as a juror, the judge will give you instructions applicable to that case. You should disregard anything which is in conflict with such instructions.

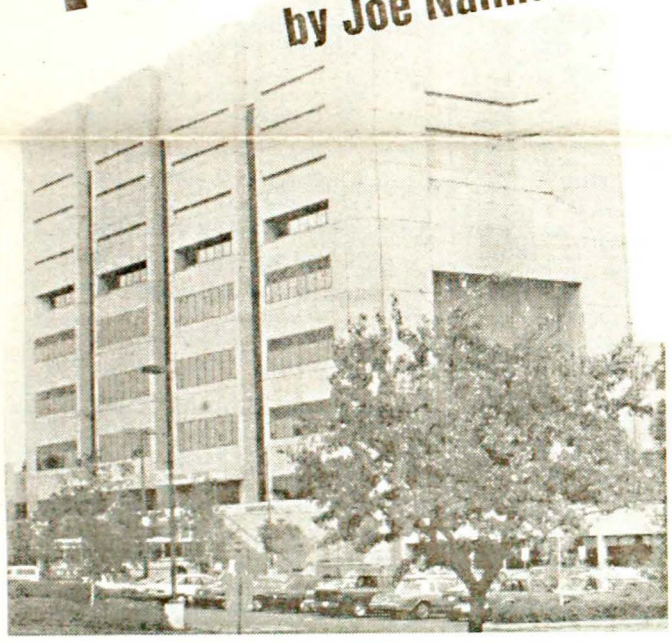
— The Juror's Handbook, El Cajon Courthouse

The jury does not decide what law to apply. The judge tells the jury what the law is. Thus the jury, after it decides what the facts are, applies to these facts the law stated by the judge. The result is then stated by the verdict.

I was NOT an OJ juror!

by Joe Naiman & Phil Giannangeli

Joe (left) and Phil (right) were not O.J. jurors.



O.J. did not stand trial at the El Cajon Courthouse.

Joe and Phil recently received notices from the Office of the Jury Commissioner to report to the courthouse. Jury duty didn't bother them — if the system is willing to give them one-twelfth of a judgeship, they'd be happy to make an impact on the justice system.

Joe's first scrape with jury duty hadn't gone well. One of the attorneys felt uncomfortable that he knew the judge. On a second case he was asked what he would do if his principles conflicted with the instructions to the jurors.

Joe responded that he would stick to his principles and use his power of jury nullification. The deputy district attorney immediately requested he be removed for cause, which ended his career as a juror the next 2 1/2 years.

This time he was ready to behave a little better. Free parking, having access to a law library in the same building, and the chance to beat traffic was pretty enticing.

Phil's first time provided the excitement that unknown situations can bring. He surrendered himself to the courthouse on the assigned day. Prospective jurors are not really taken into custody, but it sure seems like it. The freedom to move about is severely limited. There's a jury lounge, a hall, adjoining bathrooms, and that's it.

Even those other, reluctant participants in the judicial process could boast of an exercise yard.

The closest Joe got to a trial was watching O.J. in the jury room and hearing detective Brockbank talk about hair particles. Judge Eddie Sturgeon gave the pep talk in the jury lounge earlier in the day and was very aware of the Fully Informed Jury Association, the founder of which is a personal friend of Joe's.

Prior to the selection of the first jurors into the box, Judge Sturgeon asked if anyone had received any pamphlets on the way into the courthouse. One member of the jury pool said that he received one about how he could double his money.

The orientation cleared up some of the uncertainties for Phil. Small groups of new-found friends exchanged opinions about what might happen. Finally, groups of names were called over the loudspeaker.

A group of citizens qualified to serve as jurors has been summoned. The names of these persons are each written on a separate piece of paper and put into a box, and from this box by lot the clerk draws 12 names. These names are called and those 12 persons take seats in the jury box. They are then sworn to answer truthfully all questions about their qualifications as jurors. The jurors are then told the nature of the action, the parties and attorneys who are interested in the case, and in a general way what the case is about. They are questioned by the judge and by the lawyers concerning their qualifications to sit as jurors in the case.

Lawyers are within their rights asking questions to test a jury's state of mind. If a juror's qualifications are challenged by a lawyer, and if the juror is excused by the judge for cause, the challenge must not be taken as a reflection on the juror's integrity or intelligence. What everyone wants, and is entitled to, is a jury of 12 disinterested persons who will try the case on the law as stated by the judge.

After the questioning is over, each side may excuse a certain number of those who have been called into the jury box, without giving any excuse or reason. This is known as the peremptory challenge.

Despite all the jurors removed during the peremptory strikes, 12 jurors and an alternate were selected before Joe was called into the jury pool. He didn't have to answer any of the questions, which saved Judge Sturgeon the problem of having him removed for cause.

Those not called joined the rejects in the jury lounge. A couple of hours later, they were called to Judge Patricia Cookson's courtroom.

The potential jurors were told there was an indecent exposure case involving a restaurant called the Beef and Bun. During the preliminary questioning (*voir dire*, "to speak the truth"), one of the potential jurors in Judge Cookson's court commented that she was a kindergarten teacher. "At Our Lady of Perpetual Help?" the judge asked.

The teacher replied affirmatively. Judge Cookson remarked that she had tested her own child at OLPH before deciding to send her to St. Kieran's instead.

Before the lunch recess, Judge Cookson instructed the jury pool not to talk about what they'd heard about the case and then asked if we had any questions. Joe asked if he could talk with the kindergarten teacher about sending his son to OLPH. Judge Cookson approved such a conversation.

After a peremptory strike bounced a juror, Joe was seated in the box. Immediately one of the attorneys requested that he be removed.

Phil was definitely feeling rejected. He had been called back and forth for a number of these round trips, lounge to lounge, and began to wonder about himself. What's wrong with me? Can't they see that he'd be a good juror?

He began to wonder about the justice system, too. The number of criminals awaiting their turn at the bar of justice is only exceeded by the crush of attorneys eagerly anticipating their opportunity for greatness.

Just outside the courtrooms, the equivalent of a small-town police force milled around waiting to be called to testify in various cases. Milling those same halls was a Heinz variety-pack of possible jurors. Inside the courtrooms were judges (some of whom appeared bored or preoccupied), clerks in whispered conversations on the telephone, and smiling bailiffs. To this day, he wonders why bailiffs smile so much and who in the world the clerks talk to on the phone.

Joe joined his colleagues in the jury lounge. Many of them had answered the voir dire questions in both courtrooms and were starting to get to know each other. One of the jurors said that he didn't even sit down — he knew that he would be bounced from the jury box immediately.

In the lounge they started feeling comfortable talking to each other. A large group of prospective jurors were at one end of the lounge watching one of the trash talk shows on TV. The shows dealt with boyfriends who weren't very faithful to their girlfriends, and the girlfriends were going to confront them on national TV. What a format!

The 30 - 40 untapped jurors became teenagers in front of the TV. They cheered, jeered and guffawed as often and loudly as the audience in the TV studio.

Phil couldn't help but notice Harry. He's the guy who talks to everyone — even if they don't want to be involved in conversation with him. Harry is the kind who will tell you he has never met a stranger. And he's right. Most humans are not fast enough to escape the conversational trap Harry sets for them. He's not mean or anything, he just won't shut up.

Carl is straight to the point. If the police arrest someone, that's good enough for him. Jim, on the other hand, has a full repertory of police abuse stories he's happy to share. And there's always one person around who lets everyone know he/she pretty much knows everything about everything that is going on.

This time around it was Steph. Voir dire, no problem. Peremptory challenges, here's the lowdown. If one of the judges falls ill, Steph could easily don the robe and move ahead without missing a beat.

Phil concluded that the judicial system has to make do with what it gets. What do we expect for the $5 a day they pay each juror.

Twelve persons of the average of the community, comprising those of little education, those of learn-

Continued on Page 3

B Words

Personal comments from Mayor Bob Burns

Lemon Grove in perspective

What I would like to talk about here is perspective. I feel that I have a view of our city that goes back to the beginning in 1977, and that it helps me consider the future. At the present time, the council as well as the community is eagerly looking forward with respect to the recent purchase of the church property on Main Street. Many ideas abound and the town is a buzz of colloquy.

As I write, the old church building is fast becoming a pile of rubble and will soon be bare ground. The three remaining structures must be thoroughly examined and a determination made as to what they can be used for. And, of course, the plan for the entire parcel must be in concordance with public opinion.

Whatever is eventually done with this new acquisition, it will cost money, and probably a lot of it. We made a good deal on the purchase of the land, and I would hope that future plans would be as well thought out and as well implemented.

There are some very pressing needs in Lemon Grove, that must be considered equally along with all other prospects. A new library has an emotional momentum, and the Historical Society has waited long and patiently for some sort of assistance in preserving the heritage of our community. Recreation, the arts, Old Time Days, park development, and beautification of our city, all yearn for top billing, so to speak. A much needed communication system, mandated sewage treatment, and trash disposal also are great maws that demand ingestion of discretionary dollars. Last, but certainly not least, is the great enigma called Federal Boulevard drainage problem. This last item alone is guessed to cover over five million faces of George Washington.

The budgets over the past 18 years have appeared to be intractable in their ability to seriously consider doing something substantial about Federal Blvd. The sum is still awesome but the present council has agreed to move forward in serious study of solutions that could relieve the long suffering West Federalites of the flooding damage.

Looking back, perspective wise, the city has spent quite a number of millions of dollars on capital projects. A million here for this project, and another two for that one, as we went along, has produced many nice (and expensive) improvements in Lemon Grove. The Recreation Complex and the Community Center on School Lane, Berry Street Park with its amenities, the City Hall and Sheriff's Station with adjoining properties-the full block-are ours and paid for. The brand new Fire Station and the Senior Center at Washington Street Park can be noted along with our share of the Trolley Station vintage depot as accomplishments along the way. Soon we will have Kunkel Park, some beautiful entrance signs to welcome folks to our town, and improved landscaping on our main streets.

My point is that we have spent a lot of money as we went along, without financing a penny, millions have been spent, and if we look ahead for five or ten years, the seemingly impossible projects like Federal Blvd., can be accomplished as well. But it will take a careful, rational, and fair minded consideration of the whole picture of Lemon Grove to make the right priority decisions. It appears to me that the City Hall and Sheriff's facility are already bursting at the seams. With inevitable growth, maybe the church property will be needed for expansion of same. While we are panting with the idea of a new Library, it may be quite possible that other needs are more urgent after an unemotional view evolves.

The committees that will be chosen to deliberate these questions will have a complex job to do. Much information will be needed to assist them in doing so. The challenge is to consider a perspective, both past and future in coming to a decision that is best in the long run for us all.

WEATHER

The following information was provided by the Lemon Grove Fire Department.

		High	Low
January	28	-	-
January	29	67	43
January	30	61	47
January	31	63	49
February	1	63	55
February	2	61	53
February	3	62	51

The Lemon Grove Review

3434 Grove Street, P.O. Box 127, Lemon Grove, CA 91946
• (619) 469-0161

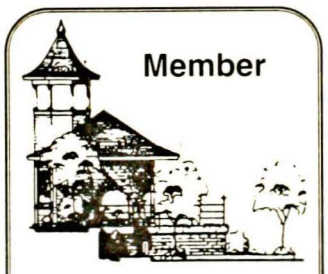
Published Tuesdays and Thursdays. Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as third class matter in the post office of La Mesa, California, 91941

Adjudication Number 155392.
$18 yearly in San Diego County
$40 yearly elsewhere in U.S.A.

Steven Saint, Publisher
Assistants to the publisher:
Howard Owens, Mary Rosen, Trudy Thomas
Contributing writers: Bob Burns, Lora Clark, Phillip Giannangeli, Cynthia O'Neill, Dave Schwab, Paul Treske, Betty Jo Tucker

Submissions

Editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. The editor reserves the right to edit all submissions.



Lemon Grove Sheriff's Log

Jan. 10-11, 1996
8000 blk. Broadway. Commercial burglary. $269 value.
7100 blk. Rosemary Ln. Vehicle burglary. $250 value.

Jan. 11, 1996
7100 blk. Westview. Auto theft. '90 Mit. Eclps. $6,000 value.
7100 blk. Broadway. Petty theft. Wallet/DL/SS/CC. $64 value.
7800 blk. Lemon Grove Ave. Commercial burglary. $3,500 value.

Jan. 11-12, 1996
6900 blk. Broadway. Petty theft. Diehard battery. $70 value.

Jan. 12, 1996
600 blk. Broadway. Auto theft. Toyota Tk. $2,800 value.
7600 blk. Broadway. Petty theft. Wallet/DL/CC/At. $385 value.

Jan. 12-13, 1996
2000 blk. Washington St. Petty theft. Camera/blanket. $80 value.

Jan. 12-14, 1996
1600 blk. 69th St. Vehicle Burglary. Tools and box. $1,150 value.

Jan. 13, 1996
7000 blk. Broadway. Commercial burglary. Food. $15.25 value.
3200 blk. New Jersey Ave. Vehicle burglary. Car stereo. $150 value.
2300 blk. Washington St. Vehicle Burglary. Clothes. $35 value.

Jan. 13-14, 1996
8200 blk. Broadway. Commercial burglary. Chemicals. $315 value.

Jan. 15, 1996
7000 blk. Broadway. Petty theft. Wallet/DL/$/CC. $67 value.
7700 blk. Broadway. Strong armed robbery. Purse/cash. $31 value.
7500 blk. Broadway. Grand theft. Generator/tool box. $500 value.

Jan. 16, 1996
7500 blk. Broadway. Auto theft. '86 Toy. P/U. $1,000 value.

Jan. 16-17, 1996
3100 blk. Florine Dr. Snap-on Tool Boxes. $2,800 value.

Jan. 18-19, 1996
6800 blk. Federal Blvd. Petty theft. Briefcase/passport. $190 value.

Jan. 18, 1996
8200 blk. Golden. Residential burglary. Phone/pictures. $90 value.
8400 blk. Roy. Residential burglary. Baretta/CD/Jewelry. $600 value.

Jan. 19, 1996
6900 blk. Broadway. Auto theft. '88 Ply. Voy. $8,000 value.
1900 blk. Dain Dr. Residential burglary. Tools/tool box. $165 value.

Jan. 21, 1996
3200 blk. College Ave. Auto theft. '80 Toy Cor. $500 value.
7400 blk. Central. Strong armed robbery. Necklace/watch. $215 value.
8300 blk. Broadway. Grand theft. Carpet cleaner. $2,300 value.

Jan. 22, 1996
7000 blk. Broadway. Auto theft. '91 Chev. $8,000 value.
1600 blk. Larwood. Residential burglary. Guns/rifle/knife. $960 value.

Jan. 22-23, 1996
6500 blk. Federal Blvd. Commercial burglary. Typewriters/keys/R. $548 value.

Jan. 23, 1996
7500 blk. Broadway. Vehicle Burglary. Aircomp/chpsaw. $525 value.
8100 blk. Longdale Dr. Residential burglary VCR/phone/jewelry. $300 value.
1700 blk. Skyline Dr. Auto theft. '71 Toy. Cor. $1,200 value.
8000 blk. Sarawak Dr. Auto theft. '94 Hnd. Motr. PU/B. $5,000 value.

Jan. 24, 1996
Near San Miguel. Strong armed robbery. Skateboard. $70 value.

Jan. 24,-25, 1996
2400 blk. Edding Dr. Petty theft. Tools. $301 value.
1400 blk. San Altos Pl. Vehicle Burglary. Car stereo. $120 value.

Jan. 25, 1996
602 blk. Broadway. Strong arm robbery. Jacket. $128 value.
7800 blk. Broadway. Commercial burglary. Attempt to cash check.

The Lemon Grove School District could save taxpayers money by publishing legal notices in the ***Lemon Grove Review!***

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Title Order No. 50033-1 **Trustee Sale No. 54329** Reference No. VEIT POOR APN 577-040-10-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 05/12/93. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 02/13/96 at 1:00 P.M., FIRST CHOICE FORECLOSURE SERVICES as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 05/21/93 as Document No. 1993-0320492 Book Page of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: VEIT POOR TRUSTEE, OF THE ENGLEWOOD TRUST DATED APRIL 10 1993, as Trustor WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: MAIN ENTRANCE WALKWAY, 9663 TIERRA GRANDE STREET, SAN DIEGO, CA 92126 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1909 ENGLEWOOD DRIVE, LEMON GROVE, CA 91945 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: $99,639.70 Estimated Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. DATE: 01/17/96 **FIRST CHOICE FORECLOSURE SERVICES** as Trustee 9663 Tierra Grande St., #205 San Diego, CA 92126 Telephone Number: (619) 536-2730 Christine E. Worix Foreclosure Officer QPP 20614 1/23,1/30,2/6/96

NOTICE OF TRUSTEE'S SALE Loan No. 866581-2 REF: WHITAKER, CARL C. & MARY L. APN: 480 492 06 T.S No. 606446 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED AUGUST 30, 1979 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On February 13, 1996, at 10:00 A.M., Cal-Western Reconveyance Corp., a California corporation as duly appointed trustee under and pursuant to Deed of Trust recorded September 7, 1979, as inst No. 79-374918, of Official Records in the office of the County Recorders of San Diego County, State of California, executed by Gene Kevin Christmas and Barri Lynn Christmas, husband and wife, will sell at public auction to highest bidder for cash, cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the financial code and authorized to do business in this state will be held at the entrance to the East County Regional Center by statue, 250 East Main Street, El Cajon, California, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as completely described in said deed of trust. The street address and other common designation, if any, of the real property described above is purported to be 2684 Main Street, Lemon Grove, CA 92045 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust to wit: $52,325.67 with interest thereon from 8/01/95 at 10.000% per annum as provided in said note(s) plus costs and any advances with interest estimated total debt $57,729.59 The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. For sales information: Mon-Fri 8:00 a.m. to 5:00 p.m. (619) 590-9200 Cal-Western Reconveyance Corp., 525 East Main Street, P.O. Box 22004 El Cajon, Ca 92022-9004 (619) 590-9200 Dated January 17, 1996. By Jason L. Cotton, Ext 3017, Trustee Sale Officer 1/23,30/96, 2/06/96 R-40487

**NOTICE OF TRUSTEE'S SALE T.S. No. A207101 Unit Code A Loan No. 180738/Rah APN# 479-410-38-00 T.D. Service Company, as duly appointed Trustee under the following described deed of trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (in the forms which are lawful tender in the United States) and/or the cashier's, certified or other checks specified in Civil Code Section 2924h (payable in full at the time of sale to T.D. Service Company) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property hereinafter described: TRUSTOR: Norbert O. Rah, Kathryn J. Rah BENEFICIARY: Western Federal Savings and Loan Association Recorded August 1, 1991 as Instr. No. 1991-0381210 In Book page of Official records in the office of the Recorder of San Diego County, said deed of trust describes the following property: That portion of Lot 45 of Subdivision no. 3 of Lot 12 of Rancho Mission of San Diego, in the county of San Diego, State of California, according to Licensed Surveyor Map no. 5, filed in the Office of the County Recorder, March 23, 1892, described as follows: Beginning at a point on the South line of said Lot 45, distant thereon 229.50 feet easterly from the southwest corner of said Lot. Said point being the southwest corner of Parcel 2 of the land described in deed to George J. Peters, et ux, recorded April 5, 1947 in book 2380, page 59 of Official Records, thence easterly along said south line 70 feet, thence northerly parallel with the west line of said Lot, 160 feet, thence westerly parallel with the south line of said Lot 70 feet to the west line of said Peter's land, thence southerly along said west line 160 feet to the point of beginning. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 7/22/91 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. 6938-40 Mount Vernon Street, Lemon Grove, CA 91945 "(If a street address or common designation of property is shown above, no warranty is given as to its completeness or correctness)." The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby, heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written notice of default and of election to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of default and of election to be Recorded June 29, 1994 as Instr. No. 94 0412137 In Book Page of Official Records in the office of the recorder of San Diego County. Said sale of property will be made in "as is" condition without covenant or warranty, express or implied, regarding title possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said deed of Trust, with interest as in said note provided, advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. Said sale will be held on: February 27, 1996, At 10:30 a.m. At the entrance to the City of Oceanside, Nevada St. Annex located at 321 Nevada St., NV at Fourth) Oceanside, CA At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described deed of trust and estimated costs, expenses, and advances is $163,762.62. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. Date: 1/31/96 T.D. Service Company as said Trustee, By Frances DePalma, Assistant Secretary 1750 E. Fourth St., Ste 700 Santa Ana, Ca 92705 (714)543-8372 We are assisting the Beneficiary to collect a debt and any information we obtain will be used for that purpose whether received orally or in writing. If available, the expected opening bid may be obtained by calling the following telephone numbers on the day before the sale: (714)480-5690 TAC 423565c PUB: 2-6, 2-13, 2-20

Parental structure key to self-esteem

by Steven Saint

Children will not build self-esteem without learning to take responsibility for their actions and having parents who lay down the law.

This was part of the message given Saturday to 250 parents at the East County Parent Involvement Conference sponsored by the Foothills Council PTA and the combined East County school districts.

"Depression is on the rise despite all the self-esteem talk over the last 20-30 years," said marriage and family counselor Ernie Mendes, who led the closing session with counselor Barry Gillen. "There's been a lot of talk about nurture and not enough about structure."

Eric Mendes leads a roomful of parents through the wonders of shoulder rubs at the Parent Involvement Conference.

Good self-esteem — the resiliency to be positive despite all that is negative in society — comes from a balance of nurturing and structure, Mendes said.

Parents create that structure by setting limits, teaching kids to take responsibility, and training them in how to roll with the punches at school and in life.

Mendes told the group that it is as natural for a child to test limits as it is for parents to set them.

"They get up, punch the clock and say 'it's time for work, time to push limits.' " he said. "You get up, punch the clock and say, 'it's time to set limits.' "

Limits should not be arbitrary or whimsical and should include input from the child. Parents should set limits with teens through negotiation and cooperation.

Mendes said kids need to learn to take responsibility, especially for how they react to negative events around them. In his two workshops on self-esteem, he said outcomes in life are the sum of an external event and an internal response. "Event + Response = Outcome."

"Most people complain about outcomes. When we don't like the outcome, we can try to change something on the other side of the equation," he said. "But then people focus on the event. This is the victim stance: 'if only things had been different.' "

Rather than complain about outcomes or external events, kids need training in how to respond differently.

Those responses involve internal self-talk, mental images and behaviors. Kids should ask themselves if a negative comment from someone else is actually true. They should make their own judgment about its worth.

"It's not what I say, it's what you tell yourself when I'm through talking," he said.

He and Gillen cited studies where researchers compared the amount of negative and positive messages children receive. In one study, 3-year-olds received 32 positive messages for every 400 negative ones — from their own parents. Incoming freshmen at UCLA reported one strength for every 16 weaknesses on a entrance test.

> **"Depression is on the rise despite all the self-esteem talk over the last 20 - 30 years."**
>
> ***– Ernie Mendes***
> ***marriage and family counselor***

But rolling with the punches requires more than reciting "sticks and stones will break my bones but words will never hurt me." There are specific techniques in emotional resiliency that parents and children need to learn.

Mendes talked about "Total Truth Process," a method of moving from anger to forgiveness by writing a letter.

Family members can improve relations by seeing anger as the product of underlying hurts, fears and regrets.

The Total Truth Process letter has six paragraphs, each beginning with a different phrase or perspective.

1. "I'm angry because ..." (express anger and resentment)
2. "I'm hurt ..." (the underlying wound causing the anger)
3. "I'm afraid that ..." (beneath the hurt is vulnerability, a relationship we're afraid of losing or damaging)
4. "I'm sorry I ..." (remorse about how the anger hurt others, accountability)
5. "I want ..." (expression of the positive goal)
6. "I forgive you for ..." (the final turning of anger into forgiveness)

The letter could be sent or kept to oneself, Mendes said. The purpose is to understand the root causes of anger and address them rather than damaging family relationships.

Gillen said that while feelings drive most of our responses, most families do not discuss them, making self-esteem difficult. Parents teach their children by example, for the most part, he said.

He commended the group for attending the conference and trying to gain new skills they can pass on to their children.

"How we express our anger shows them how to express their anger," he said. "Parents improving their own lives and responses will translate over to the kids."

The Parent Involvement Conference was held at Grossmont High School from 8 a.m. to 1:30 p.m. Saturday. The keynote speaker was Dr. Harry Weinberg from the county Office of Education, and workshops covered a variety of subjects from homework and study skills to understanding teens.

Joe and Phil

Continued from Page 1

ing and those whose learning consists only in what they have themselves seen and heard; the merchants, the mechanic, the farmer, the laborer; these sit together, consult, apply their experience of the affair of life to the facts proven and draw a conclusion. It is assumed that twelve persons know more of the common affairs of life than does one.

Wednesday morning, a settlement eliminated the need to call any jurors that morning, and Joe was sent home for the afternoon. Late Thursday morning they were again sent home for the day, with instructions to call the recorded message Thursday evening to find out whether or not they needed to come to the court on Friday.

They were not. Joe never got the chance to say goodbye to anyone, let alone solve the world's problems.

Phil, however, was selected to sit on a jury. They argued, debated and deliberated, and after some serious soul-searching, they reached a verdict.

Leaving the courtroom, they felt a common bond. Phil walked a little taller and assumed a more deliberative air.

The next day, he was ready to be mentor to another group of prospective jurors just arriving for their first day of duty. After all, he knew the system inside and out. He could point out the cleanest bathroom and the best snack machine. He knew which elevators worked and which judges didn't. He even had the names of a couple of sharp lawyers.

About the seventh day, boredom set in. Phil had read all the books he'd planned to, written all the letters he needed to, and was more knowledgeable about current events than he'd ever again want to be.

The ninth day rolled around and he prayed he'd get a case. Any case. Then he prayed he wouldn't get a case. The only thing for certain was that he couldn't stand that lounge anymore. A bunch of those smarty-pants know-it-alls that he had tried to help were now starting to pace.

Day 10 finally arrived! When finally released in the early afternoon, Phil felt both elation and sadness. I'd miss some of the people I'd met and there were some I hoped I never see again.

He had learned some patience and perhaps had become a better listener. And he'd survived the awesome responsibility of sitting in judgment on his fellow man.

If you perform your duties as jurors conscientiously, the community should derive lasting benefits from your services and you will have the satisfaction of knowing that you have done your duty as a citizen.

You will have learned something of how the judicial branch of your government works. You will have had an important part in seeing that justice was done. You may have had the responsible and difficult task of finding the needle of truth in a haystack of conflicting evidence. You will be in a position, when you are through, to enjoy the gratifying feeling that your faithfulness in the discharge of your duties as a juror has strengthened the faith of the people in our form of government and in democracy.

County air quality on decline in 1995

Smog levels exceeded the state clean air standard on 96 days in 1995, compared to 79 days of unhealthful air recorded in 1994, according to data released by the San Diego County Air Pollution Control District.

Federal standards were exceeded on 12 days compared to 9 days in 1994.

"The increase in the number of days with unhealthful air in 1995 is just a slight variation in the overall picture of air quality that has significantly improved since 1989," said Ron Roberts, chairman of the Air Pollution Control Board.

"However, any increase in days with unhealthful air is of concern, and our goal is to get that number to zero," Roberts added.

The year 1994 was an abnormal year when meteorology played a significant role in reducing smog levels. Heavy rainstorms in the fall and the decline of El Nino reduced the potential for smog formation. El Nino is a condition when warmer water temperatures in the Pacific Ocean affect weather patterns.

In 1995, the region had more sunny weather and only one fall rainstorm until mid-December creating the climate for more smog. Smog is formed from the chemical reactions of hydrocarbons and oxide and nitrogen emissions in the presence of sunlight.

A similar situation happened in 1988 when the number of days exceeding state standards increased by 32 days to 160 exceedences, compared to 127 days in 1987.

Motor vehicles account for more than 60 percent of San Diego's smog-forming emissions. The introduction of a cleaner-burning gasoline in California in March 1996 will reduce smog-forming emissions from cars by 15 percent compared to 1994 gasoline.

Implementation of the current air quality strategy is expected to result in meeting federal air quality standards for locally-generated smog by 1999.

An analysis of San Diego's air pollution showed that smog transported from Los Angeles was the key factor in 10 of the 12 days when air quality violated federal standards. Of the 96 days when state standards were exceeded, 53 days (55 percent) were primarily caused by transport from Los Angeles and 41 days (45 percent) were locally generated pollution.

Clean air standards are set by the state and federal governments to provide an adequate margin of safety in protecting public health. California's standards are stricter than those used nationwide.

The state ozone standard is 9 parts per hundred million (pphm) or 75 on the Pollutant Standards Index (PSI). The federal ozone standard is 12 pphm or 100 PSI.

Three health advisory episodes were issued in the county in 1995 — one day each in Alpine, Escondido and Otay Mesa. When smog levels reach 15 pphm (138 PSI), a health advisory is issued and the community is advised to reduce vigorous outdoor activity.

San Diego has not had a Stage 1 smog episode since 1991. A Stage 1 episode occurs when smog levels reach 20 pphm or 200 PSI.

Additionally, this was the fifth straight year that San Diego County did not exceed the state standard for carbon monoxide. State standards were also met for nitrogen dioxide, sulfur dioxide, and lead but not for ozone (smog) or inhalable particulates.

With the exception of ozone (smog), San Diego met federal air quality standards for all other criteria pollutants: carbon monoxide, nitrogen dioxide, sulfur dioxide, inhalable particulates, and lead.

This newspaper is on the Web!

East County Online *can be accessed through San Diego OnLine's community forum link.*
http://www.sandiego-online.com

Send us your church, club or organizational news today!
Box 127, Lemon Grove, CA 91946

Business & Service Directory

ATTORNEYS

DOUGLAS A. McGREW
Attorney at Law
Free Initial Consultation
• General Law • Bankruptcy
• Divorce/Family Law
• Probate • Real Estate • Trusts
29 Years Experience
9742 Los Coches Rd.
Lakeside, CA 92040
561-9100

LA MESA ATTORNEY
18 years experience
Free 20 min. consultation
AFFORDABLE DIVORCE,
CUSTODY & SUPPORT,
Lawsuits, Bankruptcy,
Real Estate
DANIEL R. KNOWLTON
464-2255

Affordable
individual customized
LIVING TRUST
PACKAGE
Bernard Galitz Attorney at Law
464-8353
La Mesa

THE LAW CENTER
Attorneys at Law
• *Trust Packages*
• *Divorce/Family Law*
• *Criminal/Traffic*
• *P.I./Civil Litigation*
El Cajon - 588-7769
Se habla español

BOOKKEEPERS

BOOKKEEPING
PAYROLL
TAX PREPARATION
Call now:
(619) 596-9219

You could be in the **Business & Service Directory**
$50 for 4 weeks or
$80 for 8 weeks!
Call 469-0101 today.

Real Estate

Cookie Ringhand
REALTOR
Realty World - Pro Consultants

If you're going to list or buy a home, let a real pro help you.

Call Cookie or Joan today!
466-7993 or 907-0443

"When you list with Cookie & Joan you can start packing!"

Call us if you'd like to know more about available properties

PARADISE HILLS Best priced 3 BR, 2 ½ BA. Remodeled throughout in '94. New paint, Mariana Wall to Wall, dual pane windows, new roof. Complex pool. $99,500

VACANT LOT - Rancho Jamul Estates. Reduced to $139,900. 2.67 acres. Call us for new great price!

RANCHO SANTA FE 2 bedroom/2 bath mobile home in Rancho Santa Fe Mobile Estates. Close to golf course, tennis courts, pool, clubhouse, etc. Only $439,500.

RANCHO BERNARDO. Lakefront home in process of complete renovation. 4 BR, 2 bath, 2,000 sq. ft. Fireplace, new kitchen, new carpet, new paint, new roof, new plumbing, new electrical. Private lake access. Priced at $234,500.

Classified

business opportunities

MAKE UP TO $100/hr. Start your own wholesale business. 525-3843 2-8

FREE SAMPLE!
"FAT MAGNET" JUST RELEASED BY LEADING MLM. AMAZING PRODUCT ATTRACTS, BINDS, ELIMINATES FATS. 24 HR MESS. 687-5886 2-1

employment

PART-TIME ENGLISH TEACHER. 2 days a week (Tues., Fri.) 4 p.m. - 6 p.m. Also good in math. La Mesa Kumon Center. 464-2420.

PART-TIME SALES. Newspaper advertising sales reps needed for all East County communities. Set own hours, good commission. No experience necessary, but helpful. Will train. Great way to earn extra cash. Call Dan 461-4306 between 8:30 a.m. and 10.

RETIRED PERSON, WORK FROM HOME, help to write proposals to foundations; familiarity with non-profit org. is a plus, salary open. 448-7351

TELEMARKETING AD-REP 8 am-3 pm MON-FRI/$5hr + BONUS DURING TRAINING. 440-1931

financial

TAKE CHARGE OF YOUR FINANCIAL FUTURE with a self-directed IRA. Call 334-4715 Inside Edge 2-8

health & fitness

LOSE LBS & INCHES
"YOU'LL FEEL GREAT & NOT BE HUNGRY" 441-0259 2-1

LOSE INCHES - GET FIT - STAY FIT. Gain Energy. Superb Nutrition. 466-0736 2-1

real estate

REFINANCE OR NEW MORTGAGE
Rates are great. Take advantage now. World Wide Mortgage Corporation. Paula Sanders 694-5980 ext. 212. After hrs. & weekends 889-9712. 2-1

LOOKING FOR A HOME?
Allow me to assist you, as an East County resident since 1944, nobody knows the area better! Call Elgon Horton/Coldwell Banker. 670-2679.

services

CAT LADY specializing in kitty care when you travel. Feed, play. LTR SANTEE/LM. MILISSA 449-9740. 3-28

EXERCISE CLASS to improve posture, strengthen back, reduce stress. San Carlos. 465-9826.

E. COUNTY YARD CARE. 447-3206.

PRIVATE TUTOR • 462-9720
Trained in multi-sensory techniques. Specializing in reading and spelling.

RETIRED AUTO MECH Looking for side work. 35 yrs experience. A.S.E.

TAX PREPARATION [illegible]

WORD PROC. TYPING EDITING [illegible]

BILINGUAL ENGLISH/SPANISH TUTOR [illegible] grammar, [illegible] general conversation. [illegible] 698-7241.

for rent

FOR RENT - Commercial [illegible] in building on La Mesa Blvd. [illegible] Plaza, parking and [illegible] sq. ft. 466-5700 or 461-5536.

OFFICES AND STORAGE FOR LEASE - 200 sq. ft. & up. 7752 North Ave., Lemon Grove. 464-4415.

wanted

ANTIQUE GUNS. 463-4512.

YOUR CLASSIFIED AD. Use the coupon below to place your classified for only $3 per line of 30 characters for six paper combo.

Attention subscribers and readers!
The Forum Club will celebrate the Year of the Rat with a

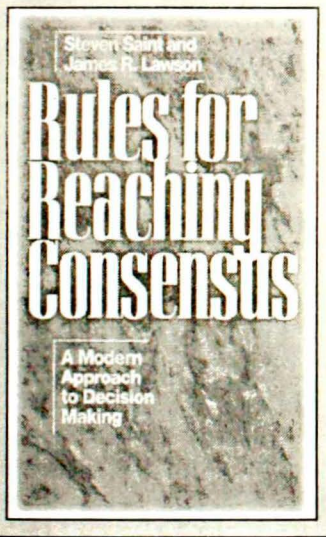
CHINESE NEW YEAR FEAST

Saturday, Feb. 17, 7 p.m.

The Royal Szechuan
8790 Cuyamaca St.
in Santee

Gourmet dinner with Chinese guides.
Only $8 per person.
Call 469-0101 to reserve your seat.

Consensus rules!



Rules for Reaching Consensus
by Steven Saint & James Lawson

Now available at Barnes & Noble and Hickey's Place!

WANTED:
CLARK KENT OR LOIS LANE

Is there a meeting in your community that you regularly attend? Become a Forum Publications correspondent!

CALL 469-0101

Classified Ad Coupon

Classification desired _____
Message _____
_____
_____
Name _____
Phone number _____

Your ad will run in all six Forum Publications newspapers. Send your check for $3 per line (of 30 characters) with your ad to:
Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Subscription Coupon

❑ El Cajon Eagle ❑ Lakeside Leader ❑ La Mesa Forum
❑ Lemon Grove Review ❑ Santee Star ❑ Spring Valley Bulletin

I wish to subscribe to the newspaper(s) I have checked above. I understand that 52 weekly issues will be mailed to me for only $18.00 per year per newspaper (outside San Diego County in USA - $40.00). I am enclosing my check to start my subscription(s).

Name _____
Address _____
City _____ **State** _____ **Zip** _____
Phone _____

Mail to: **Forum Publications, Inc.**, P.O. Box 127, Lemon Grove, CA 91946